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Bk. Gym 7-27.

2 yrs in norm school

Stockholm - took off. only.
Stiff uninteresting for youth.

Disillusioned - decided to become farmer
Lunge - more diff. - hands so. Waist hands.
Look Danish & lived & made it - two aim
Hanes say lived for sick people.

Later in Paris - 20 stu. centre pl. - comm.

Resolved to give life to gym & country
Gym - for sake of youth.

Left Copen. Nov 3 - 1915 - 9 students

summer girls - 12.

Have demonstr. of finest girls & B at 1st & 2nd
Papers criticize make him strong - those want gym
Co-operate & formed O.W. group. Aims made
Sculptor - not heart at first.

not like Swed - outside first.

Irish ideal - strong mobile body & Co-ord
will devel. personality.

do not dabble in too many syst. have ideal
say not adaptable - types same faults at 1st
Bring results more quickly why not have it

- school history - post - gym - dorm - stud.

Table Construction.

different leaders - methods same results
 fundamental - primary or preparatory.
 too many sys. - aims forgotten!
 aims gymn - not phys led.
 Ling - syst. T. - devel. body charac. Greeks vis. ideal
 summed prob. necessary to use corr. methods
 to reduce faults of carriage & later poss. introd
 gymn forms of work.
 - lost original. S. Allen. fault-habit desir. easily
 learned witho need of pers. underst.
 - those responsible for hand. - omitted corr work
 on which he lays stress as often being necess
 prep. to reg. work is. no. pres lived. lacks fun basis.
 the corr gr. work a course in T. org. for young
 men w. of Allen & devel. in accord w. Lingprin
 Allen. exc. more free. for youth & ath type. Ath more
 & reach. Kern. Sumner.
 ● Aim - to give thro working & toning of body.
 Beginners need alteration & development.
 stiff in pos due occ. which gives heavy & clumsy
 app. to class must disp.
 - Acquired one sided mus red by increase strngth of
 weak parts by str. contraction parts in order for more
 En. both sides - T. Twist.
 Goal - upright beautiful youth w. strngth & power under
 control directed by will & energy to use att in servt.
 Body moulded charac. devel. by exert. of will & energy
 nec to surmount increase diff obet & prob. placed goal (g)
 3 div. in faults upright carriage.
 1. stiffness - mount of pts of skeleton.
 2. lack of power - in muscles
 3. Awkwardness - lack of freed. show in most
 brdwork of T. in 3 corner. groups. aim to counteract
 faults by inv. mobility strength & agility & since
 the aim is to prod carriage where these 3 attributes
 are united to give perfect grace.

most imp skel faults.

exagg cond of norm curves

lack of mob. in spinal col.

- conv. pos in neck & lumbar reg.

- back in thoracic reg.

Cond. in conn w. wt distrib of body

- influence lab. pos at time growth

- too little most undergo con in air

l.c. mus devel.

- extensors of arms in comp to flexors

- broad mass of back long way behind pec. in S & A

- hamstring too short to allow in of kn.

- lack of tone in abd. mms. needs up men. as whole

body power of most & well being depends on W D A M

and influe. on circ & digest.

Power of most & agility oft. bad. devel. Only min of

mov. dem by day life work is in or less devel in

cust. movts. very else negat as shown by awkw

seen in var. typ workers.

- after attempt made of free ath used artific

in suit form that one may attain devel of strength

& free of arm & hip mov which once gained may

be turned to active ends.

gym maybe adap. for men w.o. children

- should be motional not static like sw. w. formal

pos. - always given in free reg rhythm to org. stim

Objections - strenuous - overexert. - experience.

Note we are alt. relax & act instead of hold tense pos

swim - stroke - r. Mind alert - vigor & zeal prod.

motor control. Not start - strain & tired - B.B.

- gym accomplished. Great desire, never bored

never moments idleness stim att. Heart - work

rhythm - beneficial - basis of view progress.

Lack of posture - non adequate foot-work - ankle

bdy. pt. toes heel lift. kn bdy (T. twist) Hamstring strut. ach

Running. jump off w. toes. hand legs. unhears





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